

ABSTRACT OF THE DISCLOSURE

Methods and kits for conforming protective mouth guards to the teeth of athletes to improve retention while providing added comfort and soft-tissue protection. One preferred method for conforming a protective mouth guard to fit securely to one or more teeth within a mouth comprises applying a curable denture reline material into a mouth guard and then inserting the mouth guard into a mouth to form a dental impression in the denture reline material. The reline material is then cured to maintain its form. Preferred reline materials are silicone-based. The mouth guards may be non-custom fitting, thermally deformable, and custom-fitted.

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EXHIBIT

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